

# TAI CHI for ARTHRITIS FORM

1. Commencing Tai Chi
- 2a. Opening & Closing

## Section 1

3. Single Whip (to Right)
4. Cloud Hands (x3)
- 2b. Opening & Closing
- 5a. Brush Knee & Twist Step (to Left)
6. Play the Lute
7. Deflect Down; Step Forward & Deflect Down
8. Grab & Hit
9. Apparent Close Up
10. Push Mountain
- 2c. Opening & Closing

## Section 2

*Repeat 3. – 2c. In Mirror Image.*

## Section 3

- 5b. Brush Knee & Twist Step (to Right)
- 11a. Lazy Tying Coat
- 2d. Opening & Closing
12. Diagonal Single Whip
13. Line Up 3 Points
14. Fists Under Elbow
15. Fair Lady Weaves Shuttle (x2 - Rear, then Front)
- 5c. Brush Knee & Twist Step (to Left)
- 11b. Lazy Tying Coat
- 2e. Opening & Closing

## Section 4

*Repeat 5b. – 2e. In Mirror Image.*

16. Ending Tai Chi